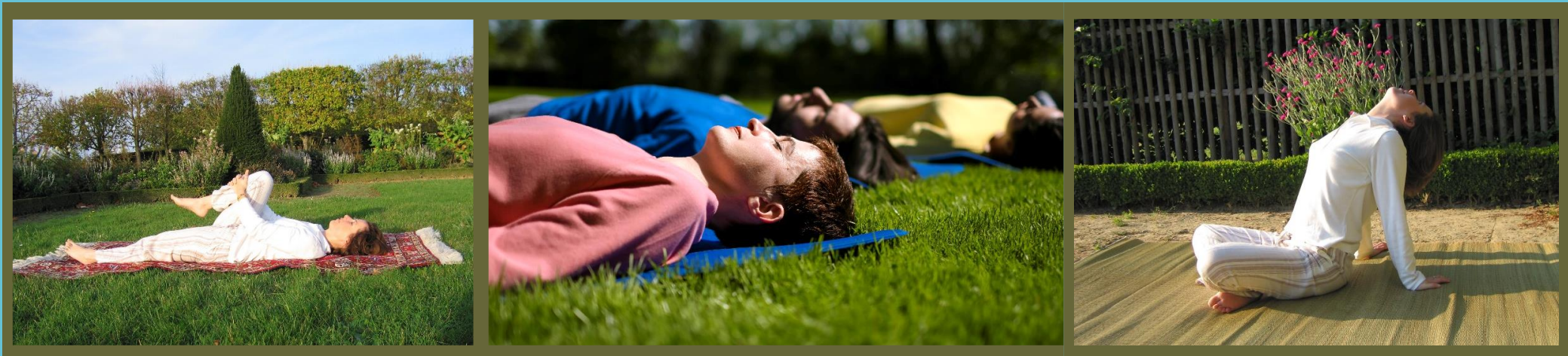


Die MTO Sufi Methode der Konzentration und Meditation „Tamarkoz“



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Vorstand Tamarkoz e.V.

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Was ist Tamarkoz

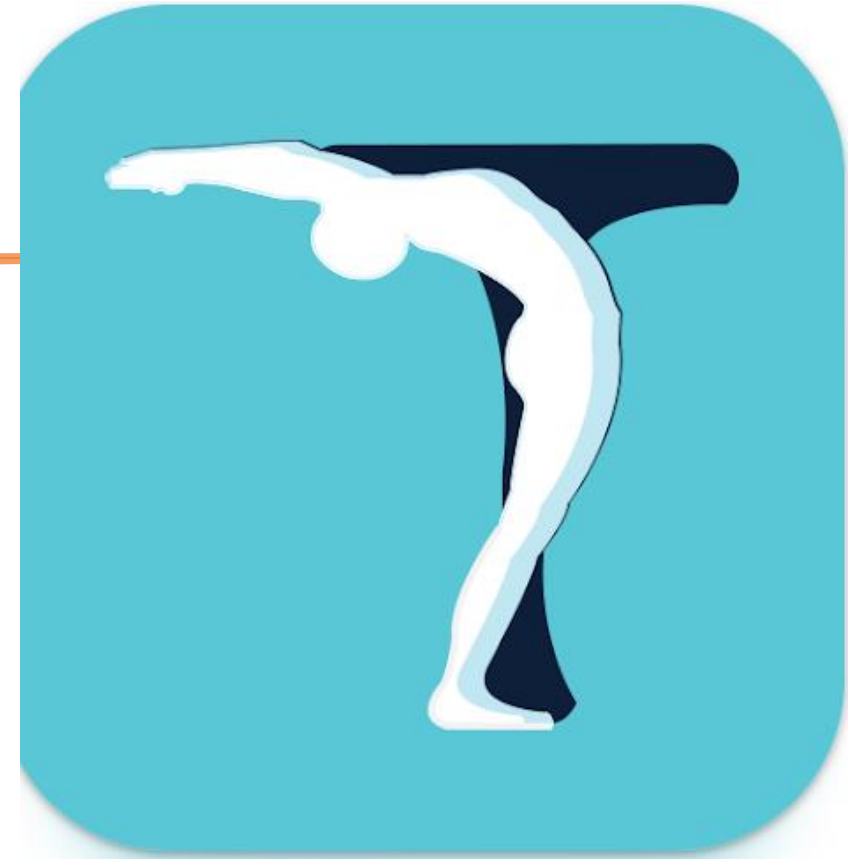
Persisch für: Kon-**z**entration

Wortstamm: Markaz = **Z**entrum

Methode der Selbsterkenntnis durch Konzentration und Meditation, aufbauend auf den Prinzipien des Sufismus

In den 70er Jahren in der Maktab Tarighat Oveyssi – Schule des Islamischen Sufismus konzipiert

Ziel: Vereinigung von Gehirn und Herz durch Harmonie zwischen den Energiezentren des Körpers



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Haupttechniken



- Tiefe Atmung
- Reinigung des Geistes
- Meditative Bewegungen (Movazeneh)
- Tiefenentspannung & Visualisierung
- **Herz-zentrierte Meditation**

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Das Herz als Zentrum

Das Herz als Tor zum (Bewusst)Sein – Quelle des Lebens

Modulation der Herz-Hirn-Achse und des autonomen Nervensystems

Potential P300 = elektrisches Potential des Gehirns, das durch Veränderungen des Herzzyklus entsteht¹

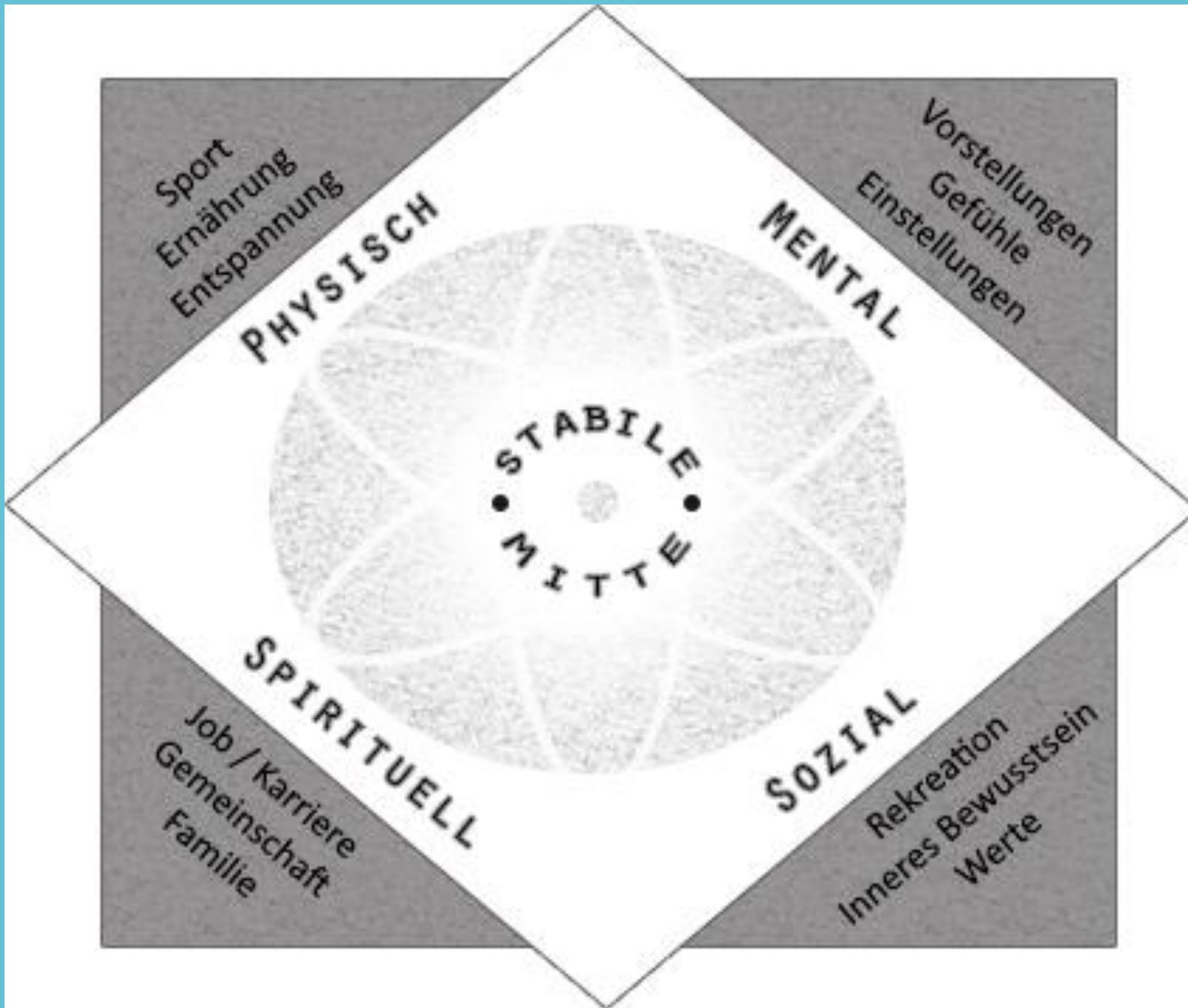


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Weitere Sufi-Praktiken: Sama und Dhikr



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Sufi-Psychology Association

Studie mit Studenten der University of California Berkeley:
signifikante Reduktion von Stress, Steigerung von positiven Emotionen und mehr tägliche spirituelle Erfahrung¹

Kaiser Permanente Studie mit Pat. nach akuten Herzerkrankungen: niedrigere Rate an Depressionen und weniger kardiologische Konsultationen²

Positiver Effekt auf Emotionsregulation Verbesserung der Effizienz von DNA-Reparatur-Mechanismen bei Brustkrebspatientinnen³



¹Althoff, T., Nilforoshan, H., Hua, J., & Leskovec, J. (2022). Large-scale diet tracking data reveal disparate associations between food environment and diet. *Nat Commun*, 13(1), 267, doi:10.1038/s41467-021-27522-y.

² Crumpler, C. (2005). Tamarkoz (Sufi meditation) for heart patients: a pilot study. *Sufism Sci Soul*, 7, 9-10.

³ Crumpler, C. A. (1998). *Sufi Practices, emotional state and DNA repair: implications for breast cancer*: University of California, Davis.



OPEN Implications of Tamarkoz on stress, emotion, spirituality and heart rate

Nasim Bahadorani^{1,4}, Jerry W. Lee² & Leslie R. Martin³

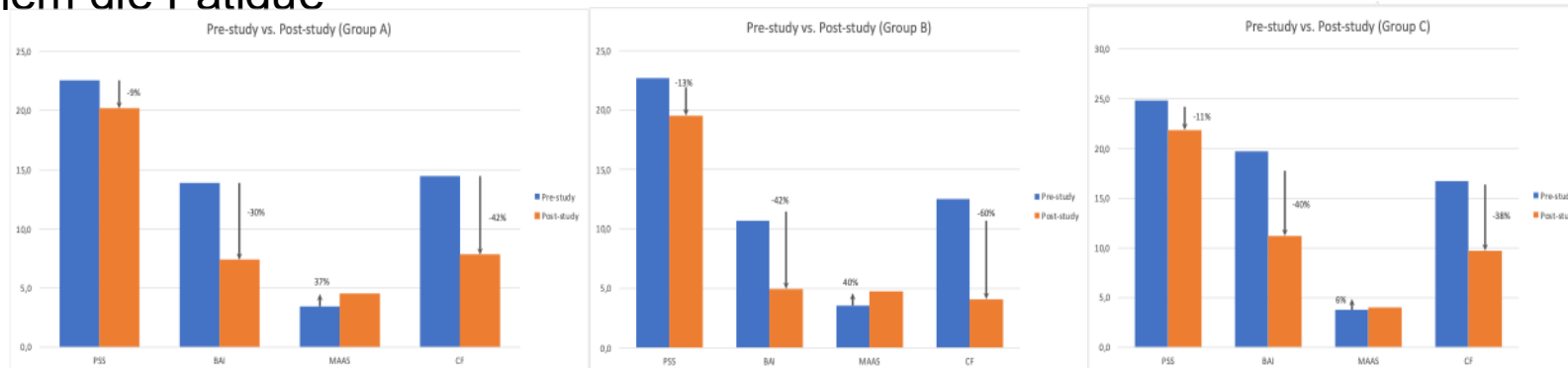
Method	Mindfulness	Relaxation response	Movement meditation	Tai-Chi	Qigong	Yoga	Movazeneh
Brain's Default Mode Network (DMN)	Deactivates DMN						
Training Style	8-week course on MBSR developed by Jon Kabat-Zinn. Or through various websites, and books	A variety of activities can elicit a physiological state of relaxation	Purpose and focus of the practice	Guided by the mind and to circulate and balance the Yin and Yang aspects of chi also known as qi (vital energy)	To improve physical fitness and enhance overall well-being through flow of (qi) energy in the body ⁸⁵ . Regulates flow of qi in the body. Subdivided into internal or external qi-gong. Internal qi-gong is self-directed and involves movements, and control of breathing patterns. External qi-gong refers to a practitioner who directs energy towards someone to improve the flow of their qi or treat a condition ⁸⁵	The purpose of ancient yoga practices is to achieve self-awareness and spiritual attunement ⁶¹ by clearing blockages in the energy channels of the body. Focus is on the chakras along the human spinal column	Defined as the art of self-knowledge through concentration and meditation. Aims to bring the human being's emotional, physical, mental and spiritual aspects into a state of balance by activating and harmonizing the body's 13 electromagnetic centers
Focus of Practitioner	The mind and embodied experience including scanning bodily sensations in an orderly manner	The mind					
Brain Wave Patterns	Theta waves	-					
Practice Components	Training one's mind to be in the present moment in any daily activity. Passive attention to one's breathing, sensations, and thoughts without judgement	One way is repetition of a word, phrase or prayer while sitting at ease without movement in a comfortable position and all muscles relaxed. Breath slowly. 10-20 min	Origin of practice	Draws on Taoist principles. Tai Chi Chuan, the original form, traces back China almost 400 years in the Chenjiagou Village as a martial art. Many variations and sub-styles have been developed since then	Ancient martial art originates from China	Rooted in Indian philosophy. Began as a spiritual practice thousands of years ago. Today is popular for promoting physical health and wellbeing	M.T.O. Shahmaghshoudi, School of Islamic Sufism that traces back 1400 years. Required to be approved by the Sufi Master of M.T.O. Shahmaghsoudi to teach this practice
Goal	To have one's thoughts be on the present moment. Attempt is not on quieting the mind, but sustaining focus and emotional release to change behavioral habits and thinking on a foundational level to improve wellbeing ^{45, 84}	Relaxation by eliciting the parasympathetic response	Practice components	Relaxed circular movements, postural alignments, and shifting of weight ⁴⁰	Term for health exercises in traditional Chinese medicine to improve flexibility and relaxation of the body	Although ancient yoga includes other elements, the yoga popularly practiced in the United States includes asanas (physical postures), pranayama (breathing techniques), and dyana (meditation)	Balancing movements and stretching. Movements and postures may include sitting, standing, or laying on the floor while harmonizing inhalations and exhalations with the movements and postures
			Used for self-defense or combat	Yes, if practiced quickly	Yes	No	No
			of thought				
Spiritual or Religious practice	No	No	No	Yes			
Applicable to anyone irrespective of religious affiliation or lack thereof?	Yes	Yes	Yes	Yes			
Origin	Buddhist tradition popularized and secularized by Jon Kabat-Zinn with Mindfulness Based Stress Reduction	A simpler and more secularized version of TM coined as term by Herbert Benson	Vedic tradition and secularized by Maharishi Mahesh Yogi who brought it to India in 1955, and then to the US in 1959 ⁴²	A 1400-year practice of Sufism. In its current form developed by the Sufi Master Professor Nader Angha			

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Online-Studie: Erhöht kuratierte Sufi Musik (Zendedelan) die Wirkungen der Tamarkoz-Meditation?"

Prospektive, randomisierte Studie (Untersucher verblindet):

- 3 Gruppen: Tamarkoz ohne Musik, Tamarkoz mit Zendedelan-Musik, Tamarkoz mit Musik der Wahl / Tamarkozpraxis 15-20 Minuten an 3 Tagen pro Woche über 6 Wochen
- Skalen: Perceived Stress Scale (PSS) / Mindful Attention Awareness Scale (MAAS) / Beck Anxiety Inventory (BAI) / Chalder Fatigue Scale (CF)
- 66 Teilnehmende rekrutiert, 50% abgeschlossen
- Ergebnis: in allen 3 Gruppen verbesserten sich die Skalen signifikant (außer die MAAS in Gruppe C), vor allem die Fatigue



Balke et al., manuscript in preparation

Aktuelle Untersuchung an der TUM: Tamarkoz & Schlaf

- Randomisierte kontrollierte Studie zur Untersuchung der Auswirkungen der Tamarkoz®-Methode auf die Schlafqualität und den empfundenen Stress im Alltag von Studenten
- Interventionsgruppe: 4 Wochen lang jede Nacht vor dem Schlafengehen 15-20 Minuten Tamarkoz®
Warteliste: 4 Wochen lang Umfragen, danach ebenfalls Intervention
- Fragebögen: Pittsburgh Schlafqualitätsindex (PSQI), Insomnia Severity Index (ISI), Perceived Stress Scale (PSS Q-10), The Consensus Sleep Diary (CSD) und der demographische Fragebogen



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Wenn wir uns wieder mit unserem Herzen verbinden...



- Lassen wir los, was für uns nicht nützlich ist
- Entdecken, was für uns wirklich wichtig ist
- Ernähren und pflegen wir uns selbst von innen heraus
- Und gehen unseren Weg weiter mit Klarheit und innerem Maßstab
- Sind wir frei, die Welt zu entdecken, wie sie wirklich ist

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Weiterführende Literatur

SUFI  PSYCHOLOGY®
ASSOCIATION

<https://www.sufipsychology.org/articles-and-chapters>

Wir freuen uns auf gemeinsame Projekte!

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